

DEPARTMENT OF HEALTH

JOSH GREEN, M.D.
GOVERNOR
KE KIA'ĀINA

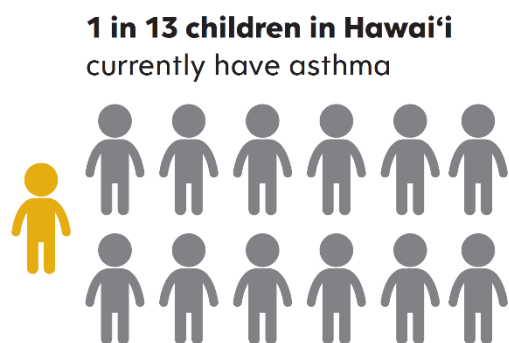
KENNETH S. FINK, MD, MGA, MPH
DIRECTOR
KA LUNA HO'OKELE

FOR IMMEDIATE RELEASE
March 8, 2023

23-016

Department of Health launches “Control Asthma” campaign to identify and control child asthma triggers in Hawai'i

HONOLULU, HI – The Hawai'i Department of Health (DOH) recently launched a new public service announcement campaign identifying common asthma triggers and providing simple activities that parents can incorporate into their routines to help their children manage their asthma.



According to 2020 data from the Hawai'i Behavioral Risk Factor Surveillance System, 1 in 13 children in Hawai'i (7.7%) currently have asthma, which is higher than the national average (7.5%). In 2019, approximately 689 emergency department visits and 66 hospitalizations in Hawai'i were for asthma among children aged 0-4 years.



“Anyone with asthma can have an asthma attack when exposed to a trigger,” said Dr. Brian Wu, Medicaid Medical Director at HMSA and Pediatric Pulmonologist at Kapi'olani Medical Center for Women & Children. “Asthma triggers vary from person to person, such as respiratory infections and environmental factors. It's important for everyone in Hawai'i, especially parents, to identify the triggers that can make asthma worse. Common environmental triggers include roaches, dust mites, mold, secondhand smoke, and vaping.”

Other common asthma triggers include bad weather, vog, air pollution and other airborne irritants, health conditions (such as chronic obstructive pulmonary disease), exercise, some medicines, strong emotions, and respiratory infections, such as those linked to influenza (flu), colds, and respiratory syncytial virus (RSV).

According to Lola Irvin, DOH Chronic Disease Prevention and Health Promotion Division Administrator, “In addition to helping parents identify and control asthma triggers, the campaign encourages parents to have an ‘Asthma Action Plan’ for their child.”

The public is encouraged to visit the campaign website, ControlAsthma.hawaii.gov, to download the “Asthma Action Plan,” and learn more about asthma signs and symptoms, triggers, and information tailored for parents, caregivers, teachers, and coaches. More information on statewide asthma and control efforts are outlined in the “[Hawai’i Asthma Plan 2030](#).”

The “[Control Asthma](#)” campaign is slated to run through June 2023, and includes radio, digital, social media, and mall advertisements statewide. Each month, the campaign will feature a common source that can trigger an asthma attack.

CONTROL ASTHMA HAWAII		ASTHMA ACTION PLAN		DATE _____
Name: _____		DOB: _____		
Severity Classification: <input type="checkbox"/> Intermittent <input type="checkbox"/> Mild Persistent <input type="checkbox"/> Moderate Persistent <input type="checkbox"/> Severe Persistent				
Asthma Triggers (list): _____				
Peak Flow Meter Personal Best: _____				
GREEN ZONE: Doing Well Symptoms: Breathing is good - No cough or wheeze - Can work and play - Sleeps well at night Peak Flow Meter: _____ (more than 80% of personal best) Control Medication(s): Medicine: _____ How much to take: _____ When and how often to take it: _____ Physical Activity: <input type="checkbox"/> Use albuterol/levalbuterol _____ puffs, 15 minutes before activity <input type="checkbox"/> with all activity <input type="checkbox"/> when you feel you need it	YELLOW ZONE: Caution Symptoms: Some problems breathing - Cough, wheeze, or chest tight - Problems working or playing - Wake at night Peak Flow Meter: _____ (between 50% and 79% of personal best) Quick-relief Medication(s): <input type="checkbox"/> Use albuterol/levalbuterol _____ puffs, every 4 hours as needed Control Medication(s): <input type="checkbox"/> Continue Green Zone medicines Add: _____ Change to: _____ <small>You should feel better within 20-60 minutes of the quick-relief treatment. If you are getting worse or are in the Yellow Zone for more than 24 hours, THEN follow the instructions in the RED ZONE and call the doctor right away!</small>	RED ZONE: Get Help Now! Symptoms: Lots of problems breathing - Cannot work or play - Getting worse instead of better - Medicine is not helping Peak Flow Meter: _____ (less than 50% of personal best) Take Quick-relief Medicine NOW! <input type="checkbox"/> Use albuterol/levalbuterol _____ puffs, _____ (how frequently) Call 911 immediately If the following danger signs are present: <ul style="list-style-type: none">• Trouble walking/talking due to shortness of breath• Lips or fingernails are blue• Still in the red zone after 15 minutes		
Emergency Contact: Name: _____ Phone: _____				
Healthcare Provider: Name: _____ Phone: _____				
		LEARN MORE AT: ControlAsthma.hawaii.gov		

###